

Product Owner's Manual

C952i C954i

C956i C966i

Commercial Treadmills

C966i



PRECOR[®] USA
move beyond[®]

Important Safety Instructions

When using the treadmill, always take basic precautions, including the following:

- Read all instructions before using the treadmill. These instructions are written to protect the unit and ensure the safety of those using the treadmill.
- Before beginning any fitness program, make sure all users see a physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER To reduce the risk of electrical shock always unplug the treadmill from its power source before cleaning the unit.

WARNING To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the unit.

- Never leave the treadmill unattended when it is plugged in. Unplug the treadmill from the power source when it is not in use, before cleaning it, and before putting on or taking off parts.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture.
- Maintain the treadmill in good working condition. Refer to the *Maintenance* section. Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Use the treadmill only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the treadmill to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.

- Never block the air vents while operating the treadmill. Keep the air vents clean and free of lint, hair, or anything that might impede the free flow of air.
- Do not attempt to service the treadmill yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Keep all electrical components, such as the power cord and I/O switch away from liquids to prevent shock. Do not set anything on the handrails, display console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

Treadmill Weight Limit

You should not allow runners over 350 lb (160 kg) or walkers heavier than 500 lb (225 kg) on the treadmill.

Treadmill Location

It is important to keep the area around the treadmill open and free from encumbrances such as other equipment. The minimum space requirement needed for user safety and proper maintenance is three feet by six feet (one meter by two meters) square, directly behind the running belt.

Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, *Safety of Household and Similar Electrical Appliances*. The treadmill is a Class S/B certified machine according to EN957 - 1,6 standards.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

The treadmill has been tested and found to comply with

- the IEC EMC Directive (international electromagnetic compatibility certification)
- the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.

ATTENTION: Haute Tension

Débranchez avant de réparer

European Applications

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards:

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products.

This product also conforms to the requirements of the European Council Directive 73/23/EEC, Low Voltage Directive and has been tested to the following standard:

IEC 335-1, Safety of Household and similar Electrical Appliances.

Grounding Instructions

The treadmill must be grounded. If the unit malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The unit is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the treadmill could void the Precor Limited Warranty.

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.

120 V Units and 240 V Units Designated for U.S. Markets

The treadmill must be connected to a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. The unit's grounding plug looks like the plug shown in Diagram 1 and Diagram 2. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

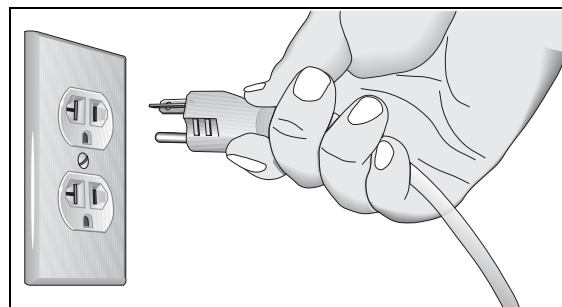


Diagram 1: 120-volt power plug

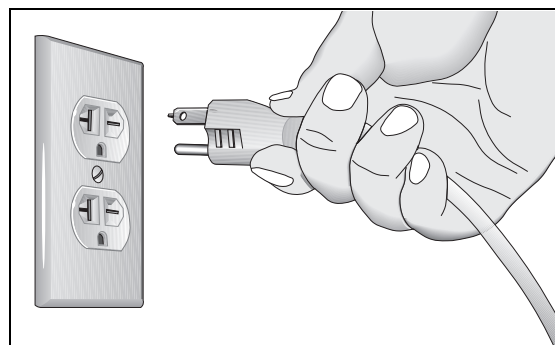


Diagram 2: 240-volt power plug

Password Security

To help prevent unauthorized use, the treadmill is equipped with password protection. The password involves entering three keys in sequence. If the correct keys are not pressed within two minutes, further access is denied and the running belt will not move. For more information, refer to *Club Features*.

Security Clip

The security clip must be attached at waist level before a user begins exercising on the treadmill. A lanyard connects the security clip to the red STOP button on the display console. If a user encounters difficulties, a strong tug on the lanyard stops the running belt.

Obtaining Service

You should not attempt to service the treadmill except for maintenance tasks described in this manual. For information about product operation or service, see the Precor website at www.precor.com. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com/contact.

For future reference, write the model, serial number, and date of purchase for all your units in the space provided. The serial number is printed on a label located on the front panel (Diagram 3).

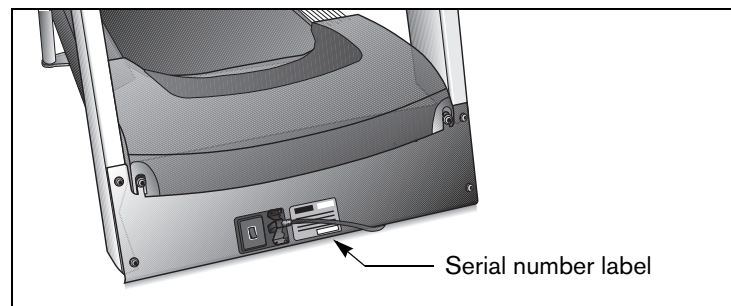


Diagram 3: Location of serial number

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Security clip
- Password protection
- Handrails
- I/O power switch

Important: Before allowing users on the treadmill, review the Important Safety Instructions found at the beginning of this manual. You should also teach users how to safely use the treadmill following the guidelines in Educating Users.

Using the Security Clip

Remind users how important it is to use the security clip while exercising on the treadmill. Instruct them on how to attach it to their clothing near their waistline. If any complications occur, a strong tug on the security cord will stop the running belt.

If the security switch trips while users are exercising, have them reattach the security clip, reenter the password (if necessary), and press SPEED ▲.

Note: The treadmill retains users' workout statistics if they resume their workout within the limit set for pause mode.

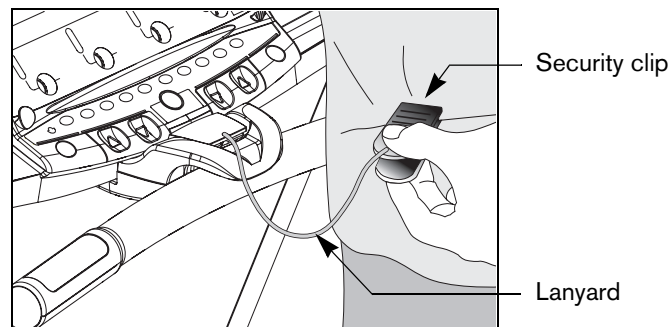


Diagram 4: Attaching the security clip

Entering the Password

If you wish to enable the password, refer to *Club Features*. Inform users that the treadmill provides password protection to help prevent unauthorized use. When users press SELECT (C952i), ENTER, or QUICKSTART at the PRECOR banner, a password prompt appears. Users have two minutes to press the following key sequence and continue their workout:

INCLINE ▼, SPEED ▼, SPEED ▲.

An asterisk appears on the display with each key press. If the correct keys are pressed, a program prompt appears on the display. Users can press SELECT (C952i) or ENTER and proceed to select workout session information or press QUICKSTART to begin their workout immediately using club default settings. Refer to *Workout Options* in the *User's Reference Manual*.

Important: If QUICKSTART is pressed, the running belt begins moving after a 3-second countdown. Tell users to hold onto the handrail with one hand before pressing the QUICKSTART key with the other hand.

CAUTION: Do not assume the treadmill is safe because of password protection. Never leave children unsupervised around the treadmill.

Using the Handrails

Educate users on the importance of holding onto a handrail when they step on or off the treadmill, and when they use the keypad.

Note: Information about the heart rate touch-sensitive grips on the the C954i, C956i, and C966i is found in the *User's Reference Manuals*.

Turning the Unit ON and OFF

To turn the unit ON and OFF, use the I/O power switch located at the front of the unit, near the power cord. Refer to Diagram 5.

Important: When it is not being used, turn the unit OFF.

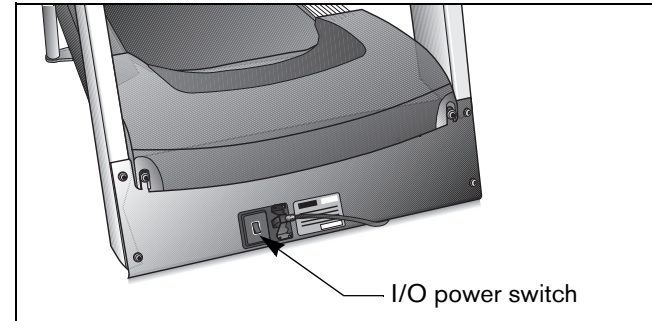


Diagram 5: I/O power switch

Educating Users

Take time to educate users on safety issues. Explain to your club or facility patrons that they should:

- Hold onto a handrail while stepping onto the treadmill.
- Face the display and then straddle the running belt by placing their feet on the trim strips provided.
- Attach the security clip to their clothing before touching the keypad or entering the password.
- Step onto the running belt while it is moving at or below 1 mile per hour (1 kilometer per hour).

Club Features

These next few pages explain how to customize the treadmill for your club. All these features remain hidden to the club patrons and can only be accessed using special key presses. Read this section if you want to:

- Change the display to a different language
- Change the display to U.S. standard or metric
- Enable or disable password protection
- Set the maximum speed
- Set the maximum workout and pause times
- Set a cool-down time limit
- Provide a Fitness Test or remove it
- View the odometer
- Display the number of hours you have used your treadmill
- View the software versions and part numbers
- Check the error log
- Display the serial number (C954i, C956i, C966i only)

Club Programming Tips

- Always start at the Precor banner.
- The club programming mode is accessed by pressing the RESET key while the Precor banner is being displayed. The remaining key presses must occur quickly and without pause.
- The function of the QUICKSTART key is disabled while in club programming mode.
- The club programs appear sequentially. Pressing SELECT (C952i) or ENTER (C954i, C956i, C966i) moves you through the programs. To quickly advance through programs without affecting the current settings, press the red STOP button. To exit, press the RESET key at any time.

Note: The functionality of the RESET and red STOP button on the C952i is different than the C954i, C956i, and C966i. While in programming mode, pressing the C952i RESET key or red STOP button lets you progress through each program without affecting the current settings.

Choosing a Language (C952i)

The treadmill can display user prompts, text, and user entries in six different languages. When the treadmill is shipped from the factory it is set to display English.

Note: Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

To change the language setting, perform the following steps:

1. At the scrolling Precor banner, press the following keys in sequence and without pause:

RESET, SELECT, SPEED ▼, SELECT, INCLINE ▲, SELECT, SPEED ▼, SELECT

As shown in Diagram 6, numbers are associated with the keypad. The numbers appear on the display as you press the associated key.

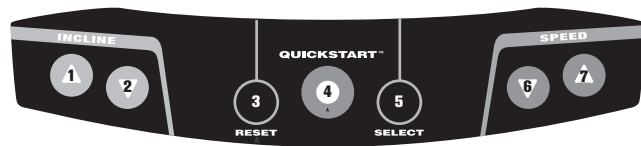


Diagram 6: C952i Keypad programming numbers

2. At the SELECT LANGUAGE prompt, use the arrow keys to choose between ENGLISH, DEUTSCH, ESPANOL, FRANCAIS, NEDERLANDS, and PORTUGUES.
3. When you are ready, press SELECT to move to the next program.

Choosing a Language (C954i, C956i, C966i)

The treadmill can display user prompts, text, and user entries in six different languages. When the treadmill is shipped from the factory it is set to display English.

Note: Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

To change the language setting, perform the following steps:

1. At the Precor banner, press the following in sequence and without pause:
RESET, 5, 6, 5, 1, 5, 6, 5
2. At the SELECT LANGUAGE prompt, use the arrow keys to choose between ENGLISH, DEUTSCH, ESPANOL, FRANCAIS, NEDERLANDS, and PORTUGUES.
3. When you are ready, press ENTER to move to the next program or press RESET to return to the Precor banner.

Selecting a U.S. Standard or Metric Display

The treadmill can display measurements in either METRIC or U.S. STANDARD. The default factory setting is set to display U.S. STANDARD. To change this setting, perform the following steps:

4. At the SELECT UNITS prompt, use an arrow key to select a unit of measure (U.S. STANDARD or METRIC).

CAUTION: If you change the Unit of Measure display, be sure to check the speed setting to verify that it is correct.

5. When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Note: Refer to *Club Programming Tips* for clarification on the C952i keys.

Selecting Password Protection

When the unit is shipped from the factory, the password protection feature is disabled. If you enable password protection, your patrons will need to enter three keys in sequence to start the running belt. If the correct keys are not pressed within two minutes, further access is denied and the running belt will not move. For more information, refer to *Entering the Password*.

6. Review the current PASSWORD: selection, ENABLE or DISABLE in the display. Use any arrow key to alternate between the two selections.

Setting	Description
Password Enable	Causes the password prompt to appear prior to a workout and when returning from pause mode.
Password Disable	Lets you turn off the password prompt. Use this option with caution.

CAUTION: Do not assume the treadmill is safe because of password protection. Never leave children unsupervised around the treadmill.

7. When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Determining the Club Speed Limit

You can set a maximum speed for the treadmill. This limits how fast the running belt moves and, consequently, how many adjustments a user can make to the treadmill's speed. The speed is displayed in miles per hour (mph) or kilometers per hour (kph) depending upon the units of measure (U.S. standard or Metric) selected earlier. The range of speeds available are:

<i>Treadmill</i>	<i>Speed Settings</i>
C952i	0.5 to 12 mph (1 to 20 kph)
C954i C956i	0.5 to 12 mph (1.5 to 20 kph)
C966i	0.5 to 16 mph (1.5 to 25 kph)

Important: If you select a number that limits the miles per hour, your change will not affect the kilometers per hour (and vice versa). The treadmill does not convert the speed entered in miles per hour (U.S. standard) to kilometers per hour (Metric). It stores separate numbers for the different units of measure.

- At the SET MAX SPEED prompt, use the arrow keys to display the desired running belt speed limit.
- When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Setting a Workout Time Limit

You can limit how long a user can exercise on the treadmill. For example, if you set the time limit to 20 minutes, users can only enter a workout time between 1 and 20 minutes.

Note: The automatic cool-down period is appended to the end of any time-based program, so adjust the time limit accordingly.

You can also let a user exercise indefinitely by selecting NO LIMIT. You will need to instruct users to select NO LIMIT (C952i) or press the number 0 (C954i, C956i, C966i) when they are prompted for a workout time.

The range of workout times available are:

<i>Treadmill</i>	<i>Workout Time</i>
C952i	1 to 99 minutes
C954i C956i C966i	1 to 240 minutes

- At the SET MAX WORKOUT TIME prompt, use the arrow keys to display the desired time limit. Or, choose NO LIMIT.

Note: When you press and hold an arrow key, the number increments by five, for example, 1, 5, 10, 15, 20. When you tap an arrow key, the number increments by one.

- When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the treadmill by entering a time between 1 and 120 seconds (two minutes). For example, if you set the pause time limit to 60 seconds, the display automatically resets to the Precor banner if no key press occurs within one minute.

12. At the SET MAX PAUSE TIME prompt, use the arrow keys to cycle through the available time limits. Choose between 1 and 120 seconds (two minutes).
13. When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Setting a Cool-Down Time Limit

You can limit how long a user cools down after exercising on the treadmill by entering a time between 1 and 5 minutes.

Important: *It is highly recommended that you set the cool-down period at or above three minutes. It takes time for a user's heart rate to return to a resting state after vigorous exercise. An effective cool-down period also reduces the amount of lactic acid in muscle tissue.*

14. At the SET COOL DOWN TIME prompt, use an arrow key to cycle through the available time limits. Choose between 1 and 5 minutes. The default setting is 5 minutes.
15. When you are ready, press SELECT (C952i) or ENTER to move to the next program or press RESET to return to the Precor banner.

Enabling or Disabling the Fitness Test

The Fitness Test is *disabled* at the factory. When the Fitness Test is disabled, it is not available in the list of programs. If you wish to add the option to the user's choice of programs on the treadmill, you need to *enable* the Fitness Test.

Note: If you *enable* the Fitness Test on either the C956i or C966i, it replaces Custom 2 (program number 16).

16. At the FITNESS TEST prompt, use an arrow key to display ENABLE or DISABLE, depending on whether or not you want to allow access to the Fitness Test.
17. When you are ready, press SELECT (C952i) or ENTER to save the selection and return to the Precor banner.

Note: If you prefer to exit the program without changing the selection, press RESET or the red STOP button.

Informational Displays (C952i)

The treadmill provides information about its use (odometer and hour meter), as well as software version, and error log. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through all four informational displays.

Viewing the Odometer

1. At the Precor banner, press the following keys in sequence and without pause:

RESET, SPEED ▼, SELECT

Numbers appear on the display as you press the associated key.

MILES (KILOMETERS) appears on the display followed by the odometer value (the number of cumulative miles or kilometers users have taken).

2. When you are ready, press SELECT to move to the next display (hour meter).

Viewing the Hour Meter

HOURS appears on the display followed by the number of hours that the unit has been in use. The treadmill tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.

3. When you are ready, press SELECT to move to the next display (software version).

Viewing the Software Version and Part Numbers

UPPER SW scrolls across the display followed by the upper board application software part number and version (for example, 48181-350).

4. To see the upper boot and lower board application software version, press the SELECT key. If needed, you can move through all three—upper board, upper boot, and lower board—using the SELECT key.
5. Write the numbers below. You will need these numbers when you call Customer Support with display-related questions. This information will help rule out any software-related problems:
Upper Software P/N: _____
Lower Software P/N: _____
Upper Boot Application P/N: _____
6. When you are ready, press the red STOP button or RESET to move to the next display (error log).

Viewing the Error Log

The first error log entry scrolls across the display. Up to ten error codes can be retrieved. If there are no errors in the log, you will see NO ERRORS displayed.

7. To view any additional error codes in the error log, use the arrow keys. Each error code specifies when it occurred, listing the odometer and hour meter values. Refer to Diagram 7.

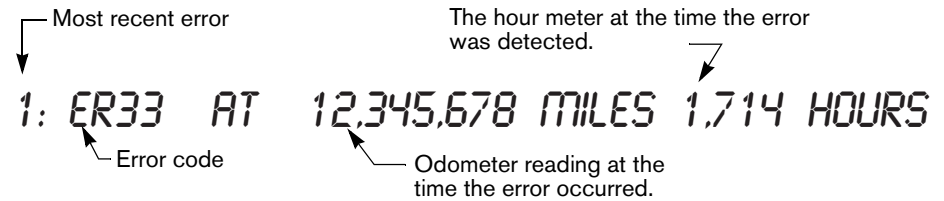


Diagram 7: Error log

8. Copy the error code information to paper so you can provide it to Customer Support if needed. Be sure to copy it exactly as shown.
9. When you no longer need the information in the error log, press QUICKSTART for at least four seconds to erase the error log. Continue to maintain light pressure on the key until the message OK appears. When the key is released, NO ERRORS appears on the display, which indicates the error log has been deleted.
Important: You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the treadmill before clearing the error log.
10. When you are ready, press SELECT, RESET, or the STOP button to return to the Precor banner.

C952i Entertainment Power Connection

The entertainment power port on the C952i treadmill provides a *power-only* connection. It cannot handle CSAFE protocols. You may use the port to connect to entertainment products. Contact Precor Customer Support for compatibility information. Refer to *Obtaining Service*.

Informational Displays (C954i, C956i, C966i)

The treadmill provides information about its use (odometer and hour meter), as well as software version, error log, and serial number. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through all the informational displays. Pressing the ENTER key moves you through the displays. To exit, press the RESET key at any time.

Viewing the Odometer

1. At the Precor banner, press the following keys in sequence and without pause:

RESET, 6, 5

ODOMETER appears on the display followed by the odometer value (the number of cumulative miles or kilometers users have taken).

2. When you are ready, press ENTER to move to the next display (hour meter).

Viewing the Hour Meter

HOUR METER appears on the display followed by the number of hours that the unit has been in use. The treadmill tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.

3. When you are ready, press ENTER to move to the next display (software version).

Viewing the Software Version and Part Numbers

SW VERSION (C954i) or SOFTWARE VERSION (C956i and C966i) appears on the display followed by the upper board application software part number and version (for example, 48181-350).

4. To see the upper boot and lower board application software version, use the CHANGE key (C954i) or arrow keys (C956i and C966i). If needed, you can move through all three—upper board, upper boot, and lower board—using the appropriate keys.

Note: If a part number does not exist, 00000-000 appears.

5. Write the numbers below. You will need these numbers when you call Customer Support with display-related questions. This information will help rule out any software-related problems:

Upper Software P/N: _____

Lower Software P/N: _____

Upper Boot Application P/N: _____

6. When you are ready, press ENTER to move to the next display (error log).

Viewing the Error Log

ERROR LOG appears on the display followed by the first entry in the error log if there are any errors. Up to ten error codes can be retrieved.

If there are no errors in the log, you will see NO MORE ERRORS displayed.

7. To view any additional error codes in the error log, use the arrow keys. Each error code specifies when it occurred, listing the odometer and hour meter values. Refer to Diagram 8.

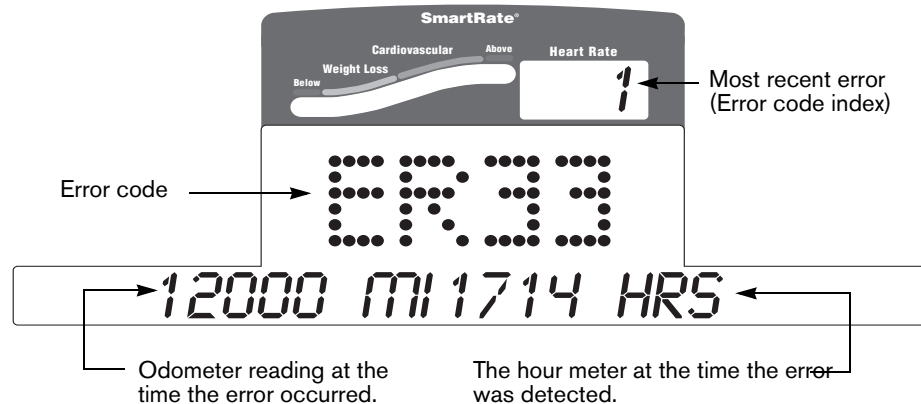


Diagram 8: Error log

Note: The C954i display is different. The error code index appears on the center display followed by the error code. Press the CHANGE keys to toggle between the error code and error description, odometer reading and hours of use at the time the error occurred.

8. Copy the error code information to paper so you can provide it to Customer Support if needed. Be sure to copy it exactly as shown.
9. When you no longer need the information in the error log, press QUICKSTART for at least four seconds to erase the error log. Continue to maintain light pressure on the key until the message OK (C954i) or CLEARED (C956i and C966i) appears. When the key is released, 1: --- (C954i) or NO MORE ERRORS (C956i and C966i) appears on the display, which indicates the error log has been deleted.

Important: You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the treadmill before clearing the error log.

10. When you are ready, press ENTER to move to the next display (serial number).

Displaying the Serial Number

SER NUMB (C954i) or SERIAL NUMBER (C956i and C966i) appears on the display followed by the 13-digit serial number. The serial number is helpful when you contact Customer Support.

Note: If no serial number has been entered, then NONE appears. Use the serial number found on a label on the front panel (Diagram 3).

11. If you have not already done so, write the serial number onto the Warranty Registration card. You can also register online at www.precor.com.
12. When you are ready, press ENTER to return to the Precor banner.

User ID Entry with CSAFE Equipment (C954i, C956i, C966i)

The treadmill is fully compatible with CSAFE protocols. When the unit is connected to a CSAFE master device, the user is prompted for a user ID.

Note: The C952i port does not provide a connection to CSAFE protocol devices.

The user ID is displayed as five zeros. The left most zero blinks indicating your starting point. The following table describes key functions while in CSAFE mode.

Keypad	Description
SPEED ▼ or ▲	moves the blinking LED from field to field
INCLINE ▲ or ▼	changes the number value in the selected field
Number keypad	use the number keys to enter a user ID. The number that is pressed appears in the display and the next field begins to blink. When all five numbers are in place, the user must press ENTER to submit the user ID.
ENTER	submits the user ID. Note: User ID entry is bypassed when the user enters five zeros. No workout statistics are recorded.
RESET	resets the display to the Precor banner.

A message appears on the display and indicates when the user ID is accepted by the CSAFE master device. Then, the program prompt appears. The user has the option to choose QUICKSTART or select a program and begin exercising.

To review information about CSAFE specifications, visit the web site at: www.fitlinxx.com/csafe

If you have questions or need technical support, refer to *Obtaining Service*.

Maintenance

It is important to perform the minor maintenance tasks described below. Failure to maintain the treadmill as described in this section could void the Precor Limited Warranty.

DANGER To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.

Inspection

Inspect the treadmill daily.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Important: If you determine that the treadmill needs service, ensure that the treadmill cannot be used inadvertently. Turn the unit OFF, and then unplug the power cord from its power source. Make sure users know that the treadmill needs service.

2. Check for worn, frayed or missing security lanyards. Replace missing or worn security lanyards immediately. Make sure users attach the security clip to their clothing before exercising on the treadmill.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

Precor recommends the treadmill be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

CAUTION: Do not use any acidic cleaners. Doing so will void the Precor Limited Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using.

Periodically, clean the running belt using a soft nylon scrub brush. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. Make sure that the running surface is level. To operate correctly, the treadmill needs to be as level as possible. If needed, the rear feet can be adjusted to level the treadmill (refer to the *Assembly Guide*). However, if the treadmill is placed on an uneven surface, adjusting the rear feet can help but not compensate for extremely uneven surfaces.
2. Turn the unit ON.
3. Stand beside the treadmill and press QUICKSTART.
4. If needed, enter the password by pressing the following keys in sequence: INCLINE ▼, SPEED ▼, SPEED ▲.

The running belt starts automatically after a 3-second countdown appears on the display.

5. Press the SPEED ▲ key until the display shows a speed of 3 mph (5 kph).

CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

6. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you must make adjustments.

Important: If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

7. To stop the running belt, press the red STOP button.
8. Turn the treadmill OFF.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (see *Obtaining Service*).

CAUTION: To ensure your safety, use the I/O power switch to turn OFF the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to Diagram 9.

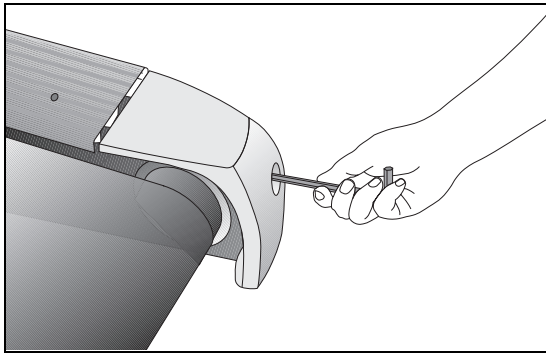


Diagram 9: Adjusting belt location

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt $\frac{1}{4}$ turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt $\frac{1}{4}$ turn *clockwise*; this moves the belt to the left.

Important: Do not turn the adjusting bolt more than $\frac{1}{4}$ turn at a time. Overtightening the bolt can damage the treadmill.

2. Recheck the alignment of the running belt.

Servicing the Treadmill

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information about product operation or service, call Precor Commercial Products Customer Support (see *Obtaining Service*).

Long-Term Storage

When the treadmill is not in use for any length of time, turn it OFF. Ensure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment.

Troubleshooting Error Codes

If any error codes appear in the display, call an authorized service person for assistance. Refer to *Obtaining Service*.

Troubleshooting Heart Rate

Table 1 may help you understand and troubleshoot erratic heart rate readings.

Important: A heart rate can only be detected when the Precor heart rate receiver is properly installed in the display. A user must wear the chest strap on the C952i or grasp both touch-sensitive handrail grips on the C954i, C956i, or C966i.

Table 1. Erratic heart rate readings

<i>What appears on the display</i>	<i>Cause</i>	<i>What to Do</i>
Nothing	The heart rate receiver is not installed or it has been disconnected.	Call Customer Support. Refer to <i>Obtaining Service</i> .
— — —	A signal is being detected through the chest strap, but a valid heart rate is not yet established.	Be sure that the chest strap is moist, centered, and in direct contact with the user's skin. Wait a few moments to see if the user's heart rate appears.
Pulsing Hr	A signal is being detected through the touch-sensitive handrail grips, but a valid heart rate is not yet established.	Ask the user to grasp both handrail grips until his or her heart rate appears.

Note: To conduct electrical impulses from a user's heart, both touch-sensitive handrail grips must be grasped firmly for five to ten seconds. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the touch-sensitive heart rate feature. A chest strap may provide better results.

Precor Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

Commercial Cardiovascular Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years touch sensor display housing, two years parts, one year labor.
- For treadmills, five years motor fan, three years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- For InSite, one year parts and labor.
- Labor coverage for options as defined below.

StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

Strength Products (\$3.45 and \$3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
 - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
 - c. claims are made within the warranty period.
2. Certain products are warranted for standard commercial use only (defined as use in non-fee paying clubs or facilities and less than 6 hours daily use. Unapproved use voids the warranty. Current standard commercial products include C936i, C932i, EFX524i, EFX534i.).
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Complete this portion and keep for your records.

Purchased From: _____
(Dealer or store name)

Phone Number: _____
(Dealer or store telephone number)

Product/Model: _____
(For example: EFX534i or C966i)

Serial Number: _____
(The serial number is found on the shipping container.)

Effective 01 December, 2004
P/N 36286-111

Thank You and Welcome to Precor



We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Commercial Products Customer Support at 888-665-4404.

Fold along dotted line and tape closed before mailing.

COMM.

PRECOR[®] USA
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

C952i/C954i/C956i/C966i Commercial Treadmills

Product Specifications

	C952i/C954i	C956i	C966i
Length	86 in (218 cm)	86 in (218 cm)	86 in (218 cm)
Width	37 in (93 cm) with handrails	37 in (93 cm) with handrails	37 in (93 cm) with handrails 34 in (86 cm) without handrails
Height	55 in (140 cm)	55 in (140 cm)	59 in (150 cm)
Weight	365 lb (166 kg)	365 lb (166 kg)	375 lb (170 kg)
Shipping weight	460 lb (209 kg)	460 lb (209 kg)	470 lb (213 kg)
Running surface	60 in x 20 in (153 cm x 51 cm)	60 in x 20 in (153 cm x 51 cm)	60 in x 20 in (153 cm x 51 cm)
Motor	3.0 hp continuous duty	3.2 hp continuous duty	4.0 hp continuous duty
Power	120/240 VAC 50/60Hz	120/240 VAC 50/60Hz	120/240 VAC 50/60Hz
Speed	0.5–12 mph (1–20 kph)	0.5–12 mph (1–20 kph)	0.5–16 mph (1–26 kph)
Incline	0–15% grade	0–15% grade	-3%–15% grade
Frame	Powder-coated steel	Powder-coated steel	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE	FCC, ETL, CE	FCC, ETL, CE

Product Features

	C952i	C954i	C956i	C966i
CSAFE Compatible		✓	✓	✓
Heart Rate Telemetry	✓	✓	✓	✓
QuickStart™	✓	✓	✓	✓
SmartRate®	✓	✓	✓	✓
Touch Heart Rate		✓	✓	✓
Password Protection	✓	✓	✓	✓

Programs

	C952i	C954i	C956i	C966i
5K Course				✓
Aerobic 1			✓	✓
Aerobic 2			✓	✓
Aerobic 3			✓	
Calories Goal			✓	✓
Cross Country 1		✓	✓	✓
Cross Country 2			✓	✓
Cross Country 3			✓	✓
Custom 1			✓	✓
Custom 2 †			✓	✓
Distance Goal			✓	✓
Escalating Interval			✓	✓
Fitness Test* †	✓	✓	✓	✓
Gluteal			✓	✓
Gluteal Interval			✓	✓
Heart Rate*			✓	✓
Interval 1	✓		✓	✓
Interval 2			✓	✓
Interval 3			✓	✓
Manual	✓	✓	✓	✓
Random		✓	✓	✓
Track Course			✓	✓
Weight Loss			✓	✓

† The club facility has the option to enable the Fitness Test. On the C956i and C966i, the Fitness Test replaces Custom 2.

Display Readouts

	C952i	C954i	C956i	C966i
Average Heart Rate				✓
Average Speed				✓
Calories	✓	✓	✓	✓
Calories Per Minute		✓	✓	✓
Distance	✓	✓	✓	✓
Heart Rate*	✓	✓	✓	✓
Incline	✓	✓	✓	✓
METS		✓	✓	✓
Pace		✓	✓	✓
Profile	✓	✓	✓	✓
Segment Time			✓	✓
SmartRate*	✓	✓	✓	✓
Speed	✓	✓	✓	✓
Time	✓	✓	✓	✓

* Use of a chest strap or the touch-sensitive handrail grips is required.

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NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.



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C9xxi Com POM 48415-101, en
Warranty # 36287-111, en
Registration Card# 45622-101, en
01 March 2005

User's Reference Manual

C952i

Commercial Treadmill



PRECOR[®]
USA
move beyond[®]

Important Safety Instructions

When using the treadmill, always take basic precautions, including the following:

- Read all instructions before using the treadmill. These instructions are written to ensure your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the unit.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.

- Use care when getting on or off the treadmill. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1 kilometer per hour (kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left trim strips.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The security clip must be attached at waist level before your workout. A lanyard connects the security clip to the red STOP button on the display console. If you encounter difficulties, a strong tug on the lanyard stops the running belt.
- Do not rock the unit. Do not stand on the handrail(s), display console, or hood.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Password Security

The club or facility you are using has the option to enable password protection. The password involves entering three keys in sequence. If the correct keys are not pressed within two minutes, further access is denied and the running belt will not move. For more information, refer to *Entering the Password*.

Obtaining Service

The club owner or facility manager can help you with most questions regarding the treadmill. For additional information about product operation or exercise routines, see the Precor website at www.precor.com.

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Security clip
- Password protection
- Handrails
- I/O power switch

Important: Before exercising, review the Important Safety Instructions found at the beginning of this manual.

Safety Considerations

Take time to discuss proper safety and exercise equipment etiquette with the club or facility manager. When planning to exercise on the treadmill, always:

- Hold onto a handrail while stepping onto the treadmill.
- Face the display and then straddle the running belt by placing your feet on the trim strips provided.
- Attach the security clip to your clothing before touching the keypad or entering the password.
- Step onto the running belt while it is moving at or below 1 mile per hour or 1 kilometer per hour.

Using the Security Clip

Attach the security clip to your clothing before each workout. A tug on the lanyard trips the security switch inside the display console and stops the running belt.

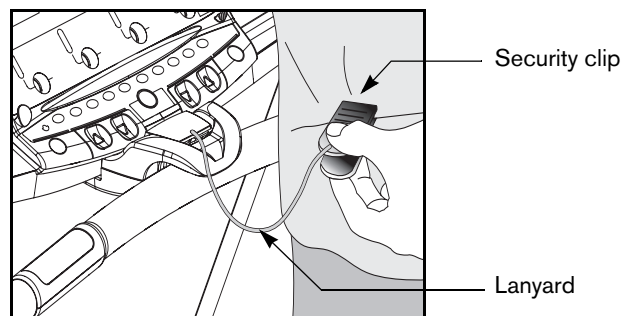


Diagram 1: Attach the security clip to your clothing

If the security switch trips while you are exercising, the running belt stops and the treadmill assumes you are pausing your workout. To resume exercising, take the following steps:

1. Reattach the security clip to your clothing.
2. Straddle the running belt.
3. Press SPEED ▲.
4. Enter the password (if necessary).

Note: The facility can set a limit on the amount of time you can pause during a workout. Check with the manager to find out about the pause time limit. If you exceed the time limit, the display returns to the Precor banner.

Entering the Password

The club or facility has the option to enable password protection. If the password prompt PW appears, press the following key sequence:

INCLINE ▼, SPEED ▼, SPEED ▲.

An asterisk appears on the display with each key press. If the correct keys are not pressed within two minutes, the Precor banner appears on the display and the running belt does not move.

Using the Handrails

To maintain your balance, always grasp a handrail when you step on or off the treadmill, and when you use the keypad.

Turning the Unit ON and OFF

To turn the unit ON and OFF, use the I/O power switch located at the front of the unit, near the power cord. Refer to Diagram 2.

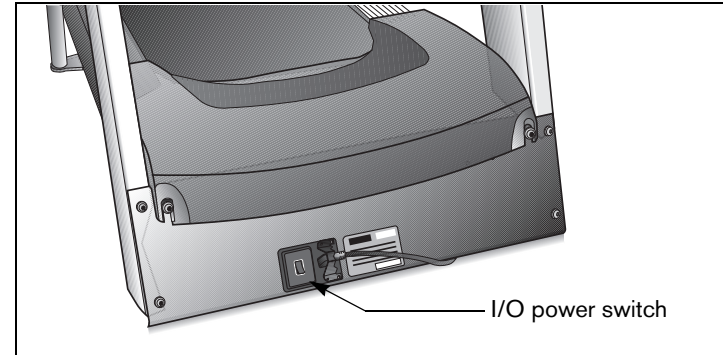


Diagram 2: I/O power switch

Heart Rate Features



Heart rate and SmartRate® features are available when you wear a chest strap. When a heartbeat is detected, a number (representing your heart rate) appears in the display when the HEART RATE LED is lit. The SmartRate LED pulses and indicates your target zone.

The chest strap is an optional purchase item for the C952i treadmill. Check with the club or facility manager to see if a chest strap is available.

Guidelines

Read the following before using the heart rate feature.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate features until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 3.

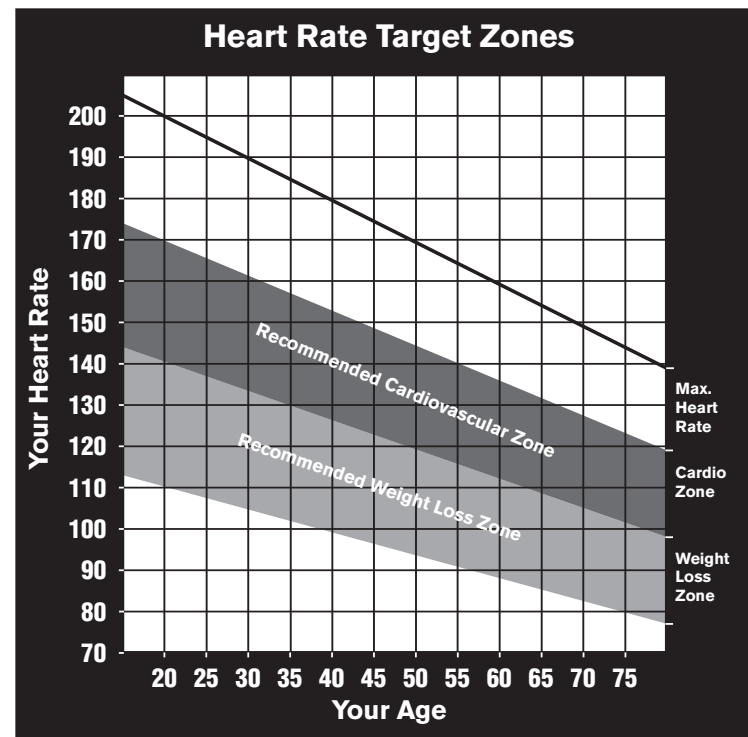


Diagram 3: Heart rate target zones

- The calculation used for the heart rate target zone is:
Low range: (220 minus your age) multiplied by 55%
High range: (220 minus your age) multiplied by 85%

- After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.
- If three dashes (– – –) appear on the display, the treadmill cannot detect a heart rate. Make sure the chest strap is positioned properly around your chest and against your skin.
- Always face forward on the treadmill and use the handrail for balance.

Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs. When you wear a chest strap, a blinking LED appears on the SmartRate display. The blinking LED indicates the zone that your heart rate is in, either weight loss or cardiovascular.

The SmartRate indicator lights do not appear when:

- You press QUICKSTART at the banner.
- You bypass the AGE prompt.
- You do not wear or improperly position the chest strap.

Note: If you are having difficulties with the chest strap, ask the club or facilities manager how to properly adjust the chest strap.

For the ideal weight loss range, the first, second, and third SmartRate LEDs are lit and the fourth LED blinks. If you are exercising in the cardiovascular zone, the fifth or sixth LED should be blinking. Refer to Table 1.

Table 1. Heart rate target zones and SmartRate LEDs

<i>Heart Rate Target Zone Percent</i>	<i>LED Lit</i>	<i>LED Blinking</i>
Below 55	First	First
55 to 60	First	Second
61 to 66	First through second	Third
67 to 72	First through third	Fourth
73 to 79	First through fourth	Fifth
80 to 85	First through fifth	Sixth
Above 85	First through sixth	Seventh

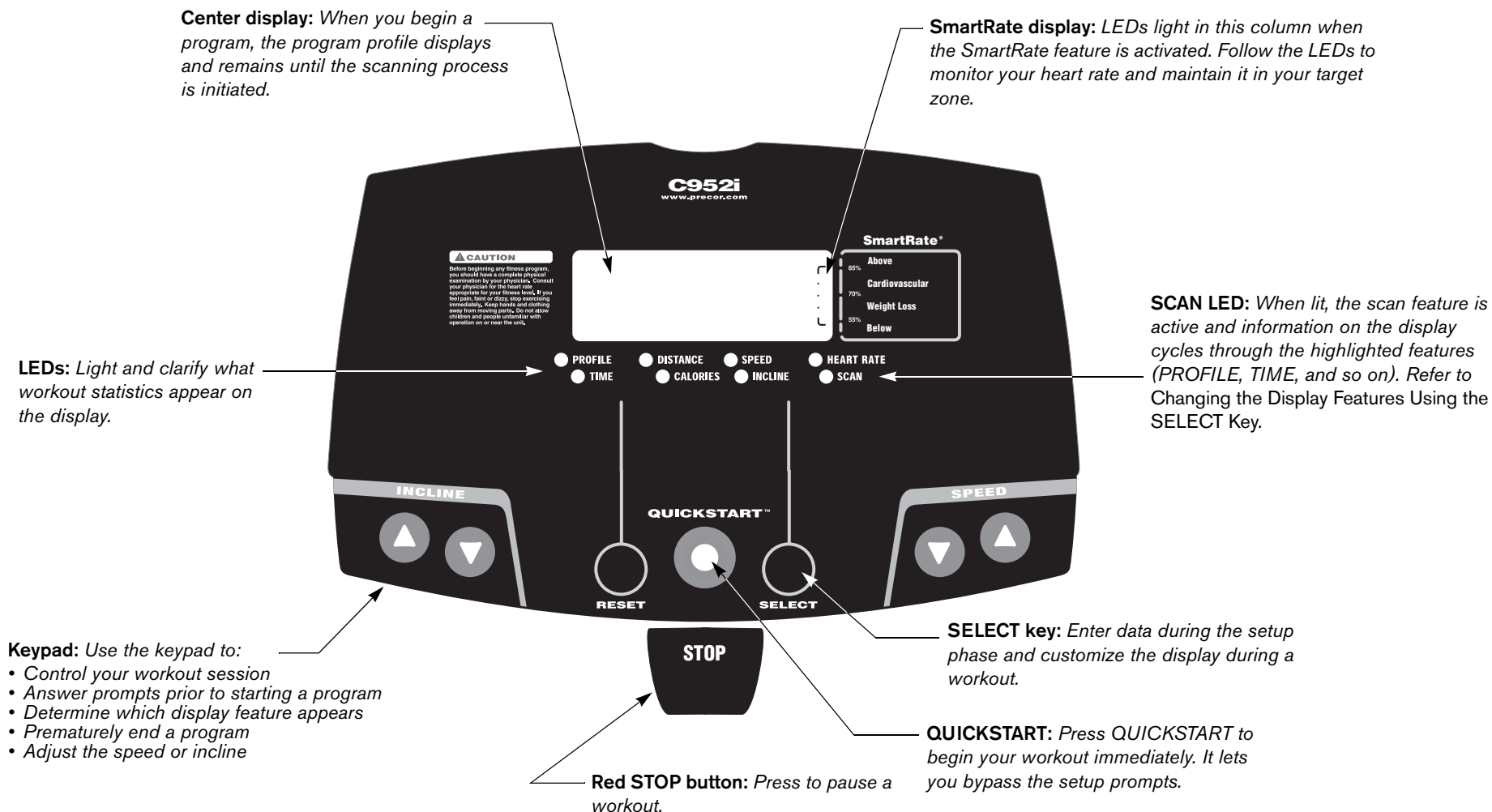
CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. If it does, the seventh SmartRate LED begins to blink. Immediately reduce your pace or adjust the incline to return your heart rate to its target zone.

Exercise to Your Target Heart Rate

Whether you use the Manual (MANL) or Interval (INTV) Programs, you can exercise to your target heart rate by wearing the chest strap. As you exercise, your actual heart rate appears in the display when the HEART RATE LED is lit. The SmartRate LED pulses and indicates your target zone.

For more information about exercise routines, refer to the Precor web site at www.precor.com.

Display Console



The center display shows the following information. This information is shown in alphabetic order.

CALORIES—displays the estimated cumulative number of calories burned. The calorie calculation is derived from the speed, incline, and your weight. An accurate weight entry results in a more accurate calorie count. When using QUICKSTART and a weight has not been specified, the default weight is 150 pounds (68 kilograms).

DISTANCE—shows a linear distance in either miles or kilometers. The distance is calculated based on your speed.

HEART RATE—displays your heart rate. If you are wearing the chest strap, the display shows your heart rate when the LED is lit.

INCLINE—displays the percentage of incline during your workout. The INCLINE ▼ and ▲ keys affect the lift and let you set an incline between 0% and 15%. The values displayed can change in 0.5% increments.

PROFILE—appears on the display and corresponds to the program you selected. As you continue your workout, a blinking column indicates your position in the program. Changes in incline affect the column height as shown in Diagram 4.

If the profile is only one row high or incline change is minimal, then markers (...:...) appear occasionally and provide a sense of movement through the program.

SPEED—displays the running belt speed in miles per hour (mph) or kilometers per hour (kph). The running belt speed ranges from 0.5 to 12 mph (1 to 20 kph) and can be changed in 0.1 increments using the SPEED ▼▲ keys.

The club or facility manager can place a limit on the maximum speed. For example, if the manager limits the speed to 9 mph (14 kph), the highest running belt speed you can attain is 9 mph (14 kph).

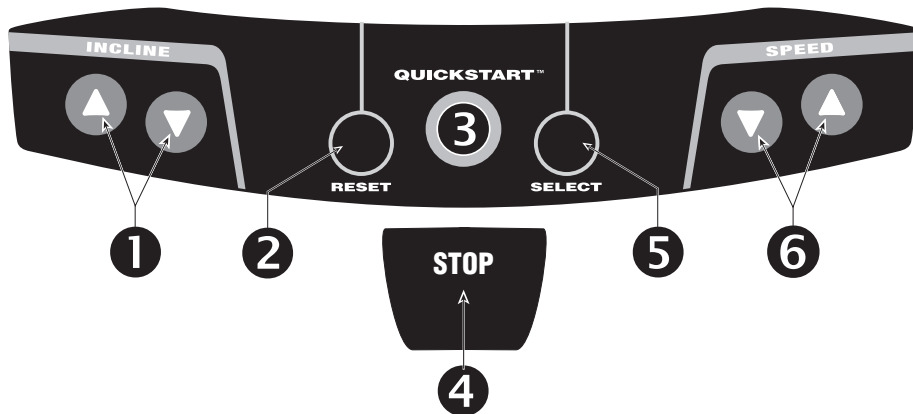
SCAN—lights when the scanning feature is active. The display consecutively scans through the highlighted features (PROFILE, TIME, DISTANCE, etc.) in 5-second intervals. Indicator lights appear next to the feature being displayed. You can change which features appear by pressing the SELECT key. Refer to *Changing the Display Features Using the SELECT Key*.

TIME—displays workout time in minutes and seconds; however, when you exceed 60 minutes during a single workout, the time display converts to hours and minutes. For programs with a workout time limit, the TIME display shows the amount of time remaining.

Note: If the facility allows the NO LIMIT program time option and you select it, the TIME display indicates the amount of time you have been exercising.

Keypad

Use the keypad to enter your workout session selections. Keys on the keypad respond to the slightest touch. Use gentle pressure on the keys as you exercise.



- 1 INCLINE ▲▼:** Press and hold the INCLINE arrow keys to increase or decrease the incline from 0% to 15% in 0.5% increments.

During your workout, to view your current incline, tap either INCLINE ▲ or ▼ key. To change the incline, press the arrow key for more than one second.

Changes to the incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

The incline setting affects the column height in the program profile as shown in Diagram 4.

The height of the column indicates the level of incline. Every time the incline changes by four sequential levels (up or down) the height of the column changes by one row. The top row lights when inclines are 12% or above.

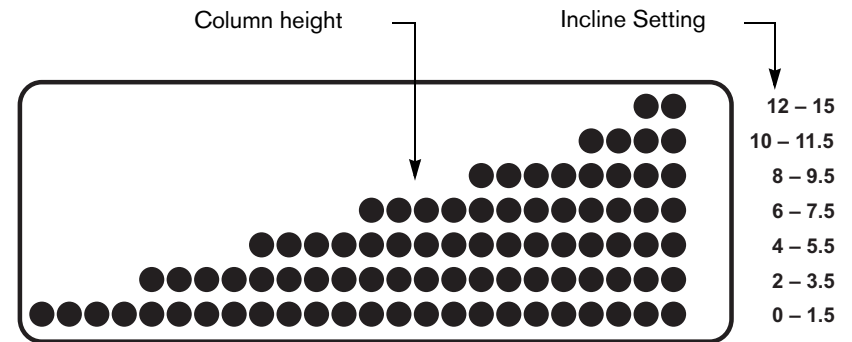


Diagram 4: Column height affected by changes in incline

Note: During the setup phase, pressing the INCLINE arrow keys will not affect the incline. However, the arrow keys do affect what appears on the display. Refer to *Selecting a Program*.

- 2 RESET:** During pause mode, press the RESET key to display a WORKOUT SUMMARY. Press RESET again to return to the Precor banner. No workout statistics are saved.
- 3 QUICKSTART:** Press QUICKSTART to bypass the setup prompts and start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.

4 STOP: A firm tap on the red STOP button slows the running belt to a stop and the treadmill enters pause mode. To resume, press the SPEED ▲ key and, if necessary, enter the password. Refer to *Pausing During a Workout or the Cool-Down Period*.

5 SELECT: The SELECT key has two functions:

- To select a program
- To change features displayed during a workout; refer to *Changing the Display Features Using the SELECT Key*.

6 SPEED ▼▲: Press and hold the SPEED arrow keys to increase or decrease the running belt speed from 0 to 12 mph (1 to 20 kph) in 0.1 increments.

When you press the arrow keys, a target speed appears in the display. The running belt speed changes to meet the target, but the change occurs gradually so the transition is smooth.

During your workout, to view your current speed, tap either SPEED ▼ or ▲ key. To change the speed, press the arrow key for more than one second.

Note: During the setup phase, pressing the SPEED arrow keys will not affect the speed. However, the arrow keys do affect what appears on the display. Refer to *Selecting a Program*.

Changing the Display Features Using the SELECT Key

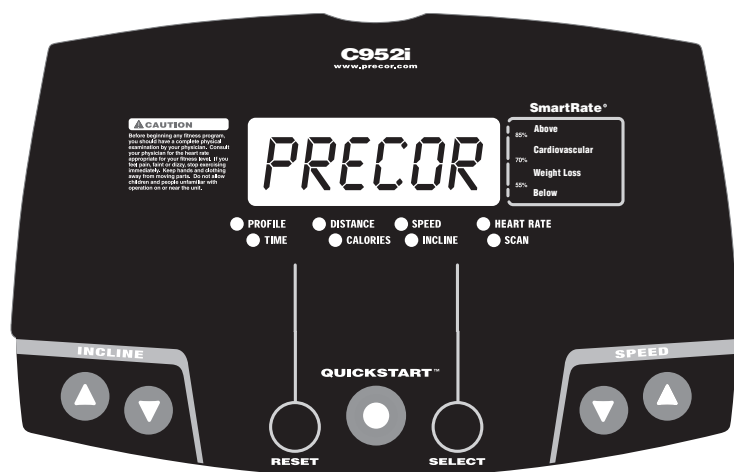
When exercising on the treadmill, you can view the display features in two different ways:

Option...	Description...	Steps...
Automatic scan mode	Each feature (PROFILE, TIME, DISTANCE, and so on) consecutively appears and remains displayed for five seconds. As the scan progresses, the LED indicates which feature is being displayed.	Press SELECT until the LED next to the word SCAN is lit.
Individual feature selection	The display remains fixed on one feature.	Press SELECT until the feature appears on the display.

Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

1. Turn the unit ON. The Precor banner scrolls across the display.



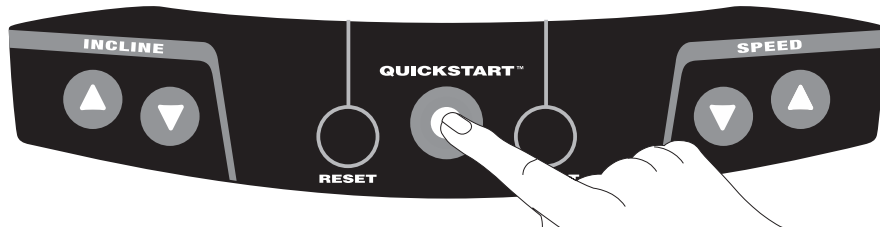
2. Hold on to a handrail while stepping onto the treadmill.
3. Face the display and then straddle the running belt by placing your feet on the trim strips provided.
4. Attach the security clip to your clothing.
5. Grip a handrail with one hand.

6. Select one of the following options:

Option...	Steps...
To start exercising immediately	<ul style="list-style-type: none"> • Use the QUICKSTART key. • Refer to <i>Choosing QUICKSTART</i>.
To select a program and workout time, and specify your weight and age	<ul style="list-style-type: none"> • Use the SELECT key. • Refer to <i>Selecting a Program</i>.

Important: If password protection is enabled, you will need to enter a password to begin your workout. At the password prompt, press the following keys in sequence: INCLINE ▼, SPEED ▼, SPEED ▲.

Choosing QUICKSTART



1. Press QUICKSTART while the banner is scrolling to bypass the setup prompts and access the Manual Program.

QUICKSTART applies the following defaults:

Prompts	Default Value
Program	Manual (MANL)
Time	Club setting or 30 minutes
Weight	150 lb (68 kg)
Age	0

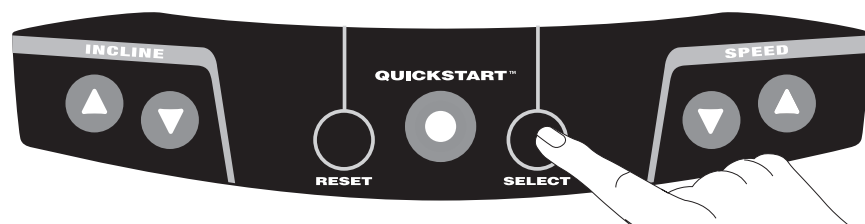
To use the SmartRate feature, you need to specify your age. In this case, press SELECT and follow the setup prompts to enter your age. Press QUICKSTART after your age is displayed.

2. If needed, enter the password by pressing, INCLINE ▼, SPEED ▼, SPEED ▲

An asterisk appears on the display with each entry.

3. A 3-second countdown appears on the display, and then the running belt starts moving.
4. Step on to the running belt with the speed at or below 1 mph (1 kph) and begin your workout. Use the SPEED ▲ to increase the speed of the running belt.

Selecting a Program



1. At the scrolling Precor banner, press SELECT.
2. If needed, enter the password by pressing, INCLINE ▼, SPEED ▼, SPEED ▲
An asterisk appears on the display with each entry.
3. Press the arrow keys to cycle through the available programs. Refer to Table 2.

Table 2. Available programs

<i>Program</i>	<i>Program Abbreviation</i>
Manual	MANL
Interval	INTV
Fitness Test *†	FIT

* Requires the chest strap.

† The club facility has the option to enable the Fitness Test.

The abbreviated program name appears in the display.

4. Choose the program you want, and then press SELECT.

5. A workout time blinks in the display. The display indicates the club limit or the default time of 30 minutes. Press the arrow keys to select a workout time (between 1 and 99 minutes) and then press SELECT.

Note: If the club allows it, you can select an unlimited workout time by choosing NO LIMIT and then pressing SELECT.

6. Select your weight (1–999) and then your age (1–99).

When you press the ▲ key while the AGE 0 prompt is blinking, the number 35 automatically appears on the display. Use the arrow keys to change the number to show your actual age.

Note: If you plan to use the Fitness Test, you will need to enter your gender as well.

7. To change a value (program, workout time, weight, or age) that you have already entered, press RESET and reselect the information.

Note: You can press QUICKSTART after any of the prompts (program name, workout time, weight, or age entry).

QUICKSTART applies the club preferences and uses default settings for any prompts you skipped.

8. Step on to the running belt with the speed at or below 1 mph (1 kph) and begin your workout. Use the SPEED ▲ to increase the speed of the running belt.

Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time limit, you automatically enter a cool-down period. The Manual Program profile appears in the display, the running belt speed is reduced by 20%, and the incline is set to 0%. To adjust the speed or incline, press the arrow keys.

A workout summary appears at the end of the automatic cool-down period. Refer to *Ending a Workout*.

Note: A cool-down period will not be appended to your workout session if the following occurs:

- The club chooses to set NO LIMIT on a user's workout time
- You select NO LIMIT at the workout time prompt

If no time limit is applied to the workout session, you must end your workout by pressing the red STOP button.

If you specify an unlimited workout time, remember to incorporate a cool-down period at the end of your workout. If you exit a program before completing it, the cool-down period is bypassed.

To stop the running belt or prematurely end a workout session, do the following:

1. Grasp a handrail with one hand.
2. Press the red STOP button with your other hand. The treadmill enters pause mode.
3. Press RESET to view the workout summary.
4. Press RESET again to return to the Precor banner.

Pausing During a Workout or the Cool-Down Period

Press the red STOP button to pause anytime during a workout or during a cool-down period. The pause mode is limited to the club setting (two minutes or less). If you do not resume exercising during that time, the display returns to the banner.

1. To pause, press the red STOP button.
2. To resume exercising from pause mode, press SPEED ▲.
3. If needed, enter the password by pressing, INCLINE ▼, SPEED ▼, SPEED ▲

An asterisk appears on the display with each entry.

Ending a Workout

CAUTION: Hold on to a handrail when you near the end of a workout.

The treadmill stops the running belt when you complete the automatic cool-down period. After the running belt stops, time stops accruing.

The WORKOUT SUMMARY shows your cumulative workout statistics including warm-up and cool-down periods. Other information including speed and incline reset to zero. Toggle between the TIME, DISTANCE, and CALORIES displays using the SELECT key. You can review your workout statistics for two minutes before the display resets to the banner.

If you choose to exercise with no set time limit, you must manually end a program by pressing the red STOP button. You can also press the SPEED ▼ key until the speed is reduced to zero and the running belt stops.

Programs



Diagram 5: C952i program label

This section describes the programs printed on the display label. Refer to Diagram 5.

Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness routines and advice from the experts.

The Manual Program on the C952i treadmill lets you select your pace and incline levels. The Interval Program is preprogrammed with recommendations for incline levels, pace, and alternating rest or work intervals. You always have the option to override the suggested levels with the exception of the Fitness Test.

If your level of exertion becomes too great, reduce your pace or use the arrow keys to override each upcoming segment in the program profile. If you use the arrow keys, the program profile changes accordingly. When you complete a program that contains a time limit, an automatic cool-down period begins.

Program Tips

- Work out indefinitely in any program (except Fitness Test). At the time prompt, specify NOLIM. While you exercise, TIME indicates the amount of time you have been exercising. If you chose this option, the automatic cool-down period is eliminated. You will need to incorporate a cool-down period by accessing the Manual Program.
- Place a time limit on any program during the setup phase. At the time prompt, specify the time duration for your workout. While you exercise, TIME indicates the amount of time remaining.

Note: The club can set limits for workout, pause, and cool-down times. Check with your club or facility manager.

- A blinking column tracks the progress that you make during a program.
- To use the SmartRate feature, you need to specify your age and wear a chest strap. Refer to *Selecting a Program*.

Manual (MANL) Program

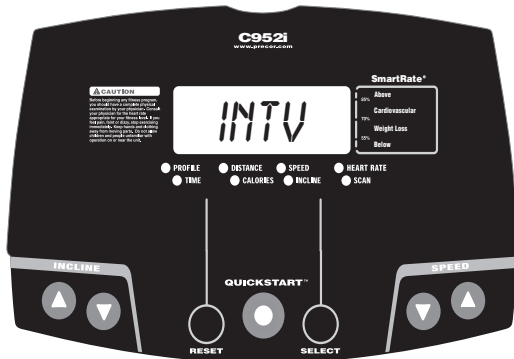


You control incline and speed settings when you use the Manual Program. The profile begins as a flat line. Use the arrow keys to change the speed or to adjust the incline. The program profile reflects changes in all subsequent columns. The blinking column indicates your position in the program.

If you press QUICKSTART at the banner and access the Manual Program, the workout time is limited to the club setting. A cool-down period occurs automatically when you end your workout.

Note: An exception to the cool-down period exists if the club allows it. Refer to *Cooling Down After a Workout* for more information.

Interval (INTV) Program



The Interval Program is among the best for conditioning your cardiovascular system. Each 1-minute interval raises and lowers your level of exertion repeatedly throughout the duration of the program.

When you begin the program, the incline and speed settings are preprogrammed. To change the settings, press the appropriate arrow key and continue. The changes are applied to the remaining intervals. The display lets you know when the incline or speed levels are about to change, and indicates the levels of the next interval.

When you complete the program, any changes made to the incline and speed settings are not saved.

Fitness (FIT) Test



The Fitness Test provides a means of comparing your fitness level with the official fitness test of the International Association of Firefighters (IAFF). It is written using the Gerkin Protocol, which is the basis for the official IAFF fitness test and part of their Wellness and Fitness Initiative.

During the test, the treadmill gradually increases the incline and speed in specific stages. The test ends when you surpass your target heart rate (85% of your maximum heart rate) or complete the 13-minute time limit. Whatever stage you are at when the test ends determines your aerobic capacity and establishes your VO_2 max.

VO_2 max is a health and fitness term meaning the maximum amount of oxygen the body can use for energy production during exercise. It provides an index or fitness level based on the following rule: the higher the amount of oxygen that your body can use, the greater your ability to exercise for prolonged periods of time.

The club or facility has the option to make the Fitness Test available to its patrons. If you do not see it as part of your program selection, ask the facility manager.

Guidelines

Before selecting the Fitness Test, read the following guidelines:

- Sit and rest for at least five minutes prior to taking the test to bring your heart rate to a resting state.
- You must wear the chest strap throughout the test. If the heart rate reception is erratic, incorrect readings can occur and terminate the test.
- You must enter your age and gender during the setup phase. Refer to *Selecting a Program*.
- All keypad keys (except the red STOP button) are disabled during the test. Any pressure on the keypad is ignored.

Warm-Up Period

The treadmill provides a 3-minute warm-up period before beginning the Fitness Test. During the warm-up period, you can use the INCLINE and SPEED arrow keys to adjust the incline and running belt speed to a comfortable level. The Fitness Test commences at the end of the warm-up period.

Important: *If a message appears stating that your heart rate is too high or cannot be detected, the test ends and the automatic cool-down period begins. Complete the cool-down period and retake the Fitness Test later.*

Using the Fitness Test

Follow these steps to use the Fitness Test.

1. Buckle the heart rate strap around your chest.
2. Grasp a handrail while you step on to the treadmill and straddle the running belt.
3. Press SELECT at the scrolling Precor banner.
4. Use the arrow keys to display FIT, and then press SELECT.
5. Enter the password, if necessary, and your weight, age, and gender. Refer to *Workout Options*.
6. Press SPEED ▲ to begin the warm-up period.

When you complete the warm-up period, the treadmill automatically adjusts the incline and running belt speed according to the Gerkin protocol. The keypad keys are disabled.

If you need to stop the running belt to regain control or reduce your heart rate, please do so. You can retake the Fitness Test later.

Completing the Fitness Test

When you finish the Fitness Test, a 1-minute cool-down period is provided to help return your heart rate to a normal, restful state. You can extend the cool-down period by pressing QUICKSTART at the scrolling banner.

The Fitness Test automatically ends if one of the following occurs:

- You press the red STOP button.
- Your heart rate increases and remains above 85% of the maximum allowable heart rate (220 minus your age) for 15 seconds.
- Your heart rate cannot be detected for 15 seconds.
- You complete the test.

Fitness Test Scores

Check with the facility manager to compare your score with the IAFF level of fitness index. The test results can help you gauge the effectiveness of your current exercise routine and tailor it to meet your fitness goals.



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C952i URM 48416-101, en
01 March 2005

Assembly Guide



C966i

PRECOR[®] USA
move beyond[®]

C952i C954i
C956i C966i

Commercial Treadmills

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you could void the Precor Limited Warranty.

Obtaining Service

You should not attempt to service the treadmill except for maintenance tasks as described in the *Product Owner's Manual*. If any items are missing, contact your dealer. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com/contact.

Unpacking the Equipment

The unit is shipped in one box. Ask for help from two or more people to unpack and assemble the treadmill.

Required Tools

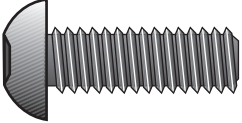

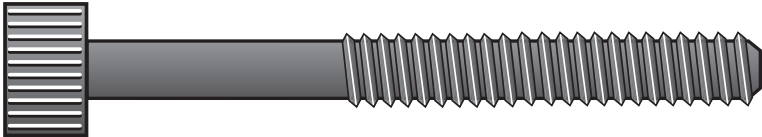
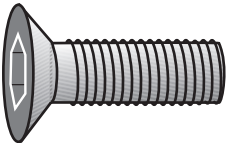

- 1/2-inch box end wrench or crescent wrench
- String
- SAE Standard socket set
- Bubble level
- Wire tie cutter

Installation Requirements

Follow these installation requirements when assembling the unit:

- Assemble the unit near the location where you plan to use it.
- Provide ample space around the unit. The minimum space requirement needed for user safety and proper maintenance is three feet by six feet (one meter by two meters) square, directly behind the running belt.
- Set up the unit on a solid, flat surface. A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide.
- Leave room for adjustments. Tighten fasteners (bolts, nuts, and screws) so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed to do so.

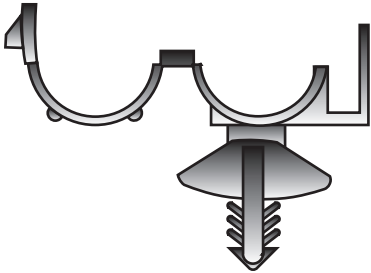
Hardware Kit (not shown to scale)

Fasteners		Quantity
	(A) Buttonhead screw (1-inch)	12
	(B) Washer (stainless steel)	16
	(C) Socket head screw (3½-inch)	4
	(D) Flat head hex screw (1-inch)	4
	(E) Washer (stainless steel)	4

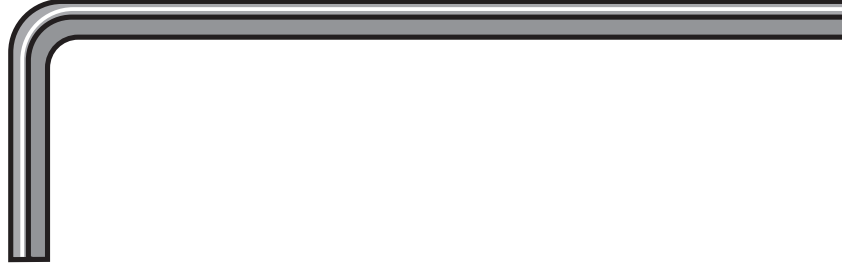
4 – Barrel spacers (F)



6 – Power cord clips (G)



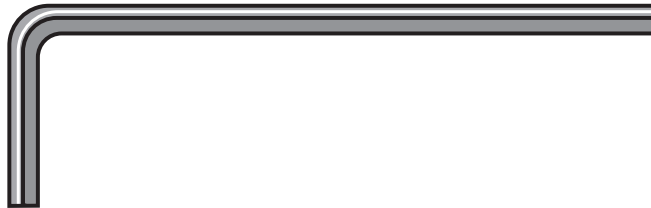
1 – $\frac{5}{16}$ -inch hex key (H)



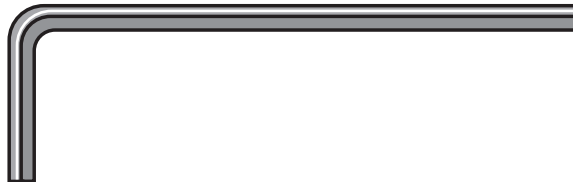
1 – $\frac{1}{4}$ -inch hex key (J)



1 – $\frac{3}{16}$ -inch hex key (K)



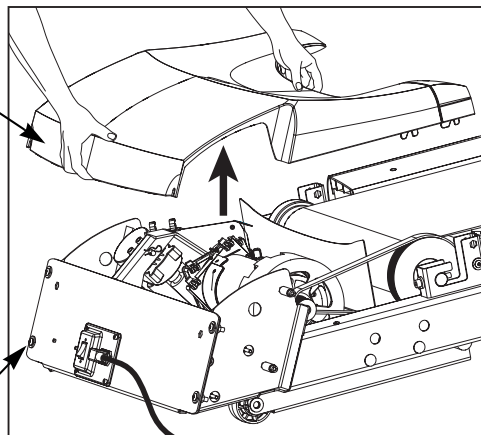
1 – $\frac{5}{32}$ -inch hex key (L)



Assembly Steps

1

Remove the hood and set it aside.



2

Use a 1/4-inch hex key and 1/2-inch box end wrench to remove the four shipping fasteners on the front panel.

Discard the nuts, but keep the screws.

Note: The front panel will drop slightly when you remove the fasteners.

3

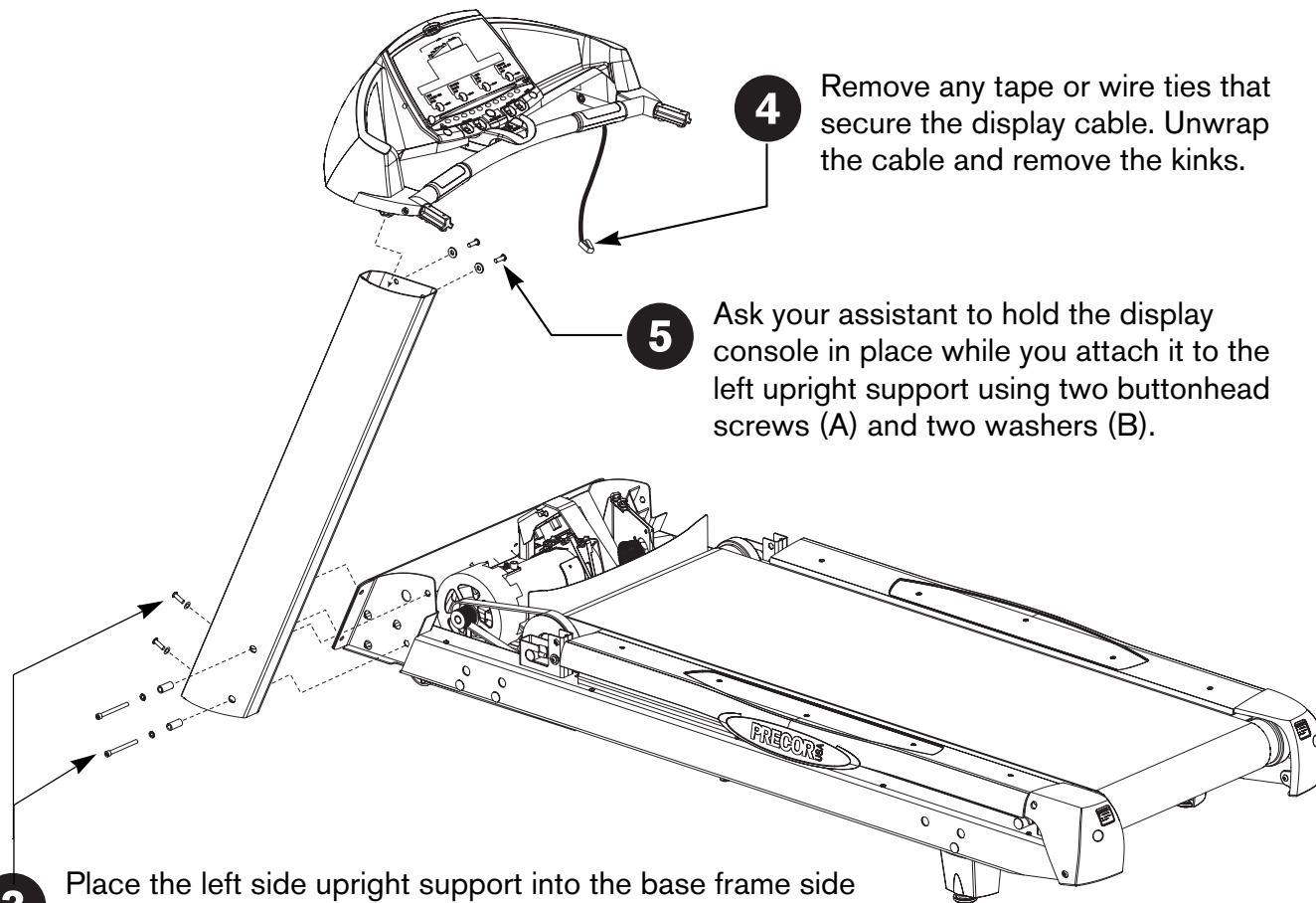
Place the left side upright support into the base frame side bracket. Secure the upright support to the side bracket using two socket head screws (C), two washers (E), and two barrel spacers (F). Secure the upright to the front panel using two screws removed in step 2 and two washers (B) from the hardware kit. Finger tighten.

4

Remove any tape or wire ties that secure the display cable. Unwrap the cable and remove the kinks.

5

Ask your assistant to hold the display console in place while you attach it to the left upright support using two buttonhead screws (A) and two washers (B).



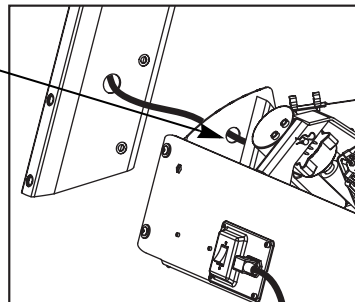
6

Place the right side upright support near the base frame side bracket. Feed the display cable through the upright support.

Note: If you encounter difficulties feeding the cable, tie a string to the cable connector and the other end to a washer. Feed the washer through the upright support and pull it and the cable connector out of the base hole. Remove the string.

7

Pull the cable through the side bracket hole in the base frame, and then connect the cable to its receptacle on the lower board near the motor.



8

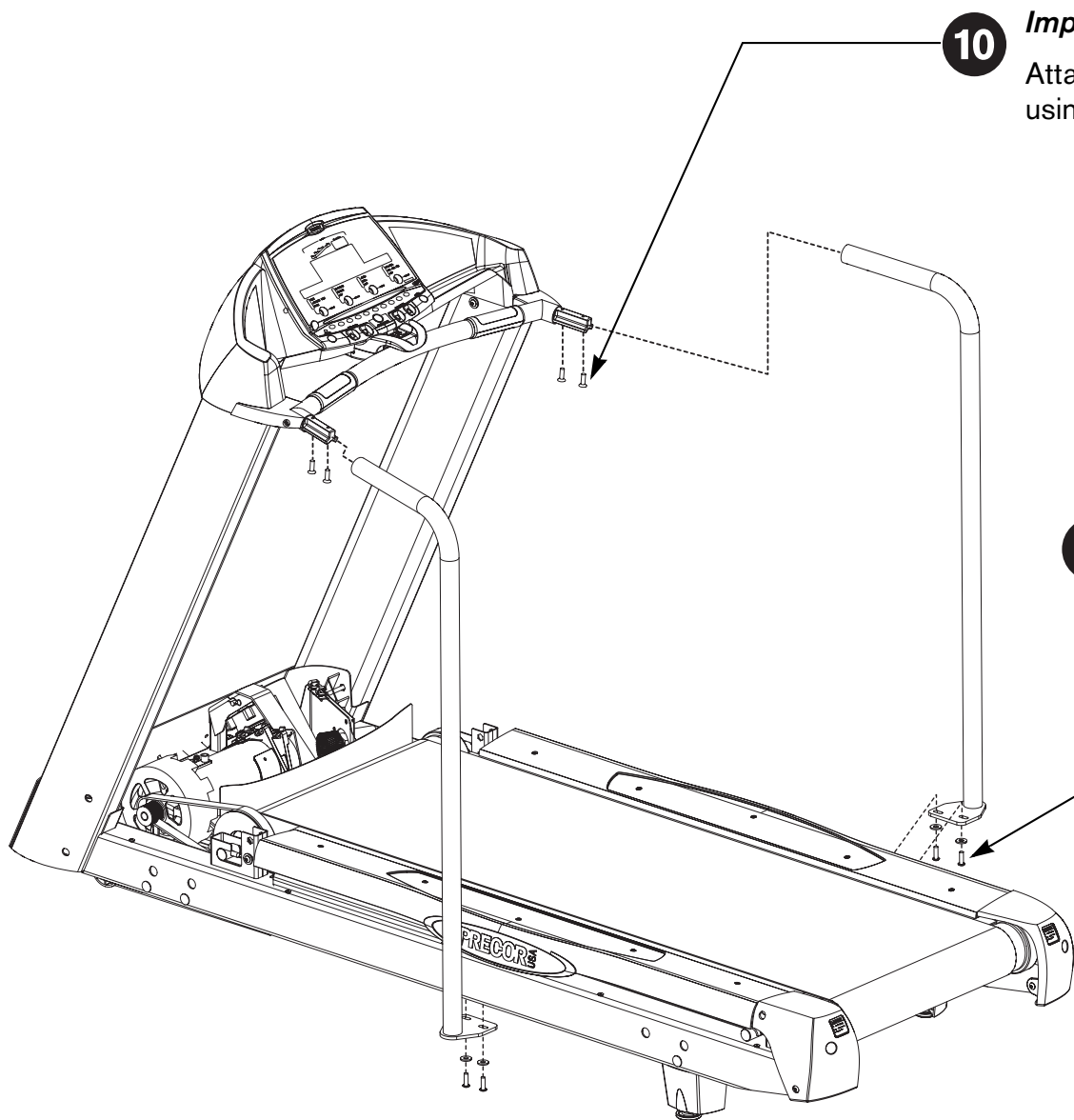
Secure the upright support to the side bracket using two socket head screws (C), two washers (E), and two barrel spacers (F). Secure the upright support to the front panel using two screws removed in step 2 and two washers (B) from the hardware kit. Finger tighten.

Important: Do not securely tighten the screws until the unit has been fully assembled. Make sure the fasteners do not pinch the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.

Note: Place excess cable inside the upright support.

9

Secure the display console to the right upright support using two buttonhead screws (A) and two washers (B). Finger tighten.



10

Important: Attach the handrails to one side at a time.

Attach the upper handrails to the display console extensions using four flat head screws (D). Finger tighten.

11

Important: For easier installation, you can place the side rails or rear feet on blocks. Ask for help when lifting the treadmill. **Do not place blocks beneath the running bed.**

Align the lower handrail bracket with the base mounts. Secure the base of the handrails using four screws (A) and four washers (B). Wrench tighten.

12

Return to the upper handrail fasteners. Perform any needed adjustments and wrench tighten.

Note: If you are assembling a C952i treadmill, skip step 13.

- 13** Test the heart rate touch-sensitive grips on the C954i, C956i, or C966i.
- Turn the unit ON. The Precor banner appears in the display.
 - Face the display and straddle the running belt.
 - Grasp both touch-sensitive handrail grips.
 - Look at the Heart Rate display. The letters **Hr** should be blinking. After a few seconds, a number appears indicating your heart rate.
Note: If the display remains blank, turn the unit OFF and recheck the cable connection on the lower board. Refer to the *Product Owner's Manual* for troubleshooting tips. Instructions regarding the chest strap are also found in the *Product Owner's Manual*.
 - When the test is completed, turn the treadmill OFF and continue with step 14.

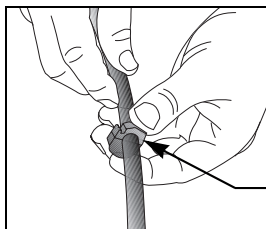
- 14** Replace the hood and secure it using four buttonhead screws (A) and four washers (B). Wrench tighten.

- 15** Tighten all mounting screws.
- Start at the front of the unit and alternately tighten the four front panel screws.
 - Wrench tighten the four side bracket upright support screws.
 - Wrench tighten the four screws that secure the display console to the upright supports.
 - Wrench tighten all eight handrail screws.

16

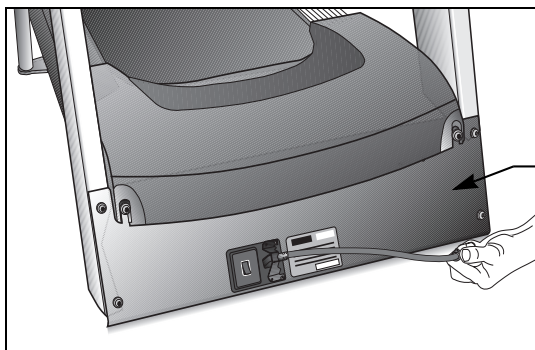
Attach the power cord clips.

- a. Wrap the clip around the power cord near its receptacle and clamp it shut.



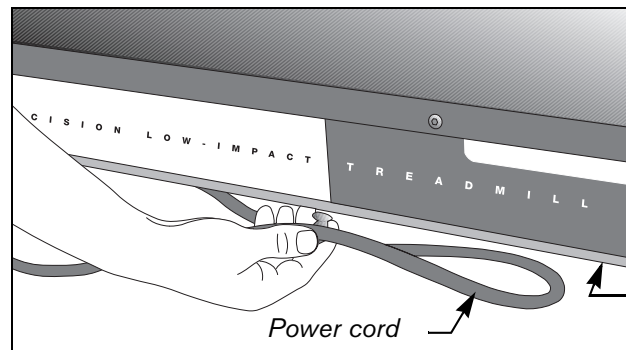
Power cord clip

- b. Insert the serrated portion of the clip into the hole located under the front panel.



Front panel

- c. Place the clips, as needed, along the length of the power cord while you redirect it to the power outlet. The holes, found in the frame beneath the side rail, are spaced one foot (31 cm) along the length of the side rail.



Side rail

Power cord

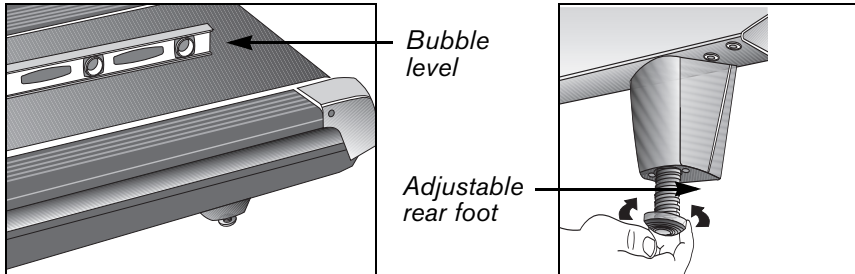
Important: Use the power cord clips so that the power cord will not get pinched or damaged by the incline lift movement.

17

Level the unit, if needed.

Before allowing users on the unit, make sure it is level.

Important: If the load is not equally compensated, the user will feel excessive vibration or movement at the display console. Adjust one rear foot at a time. Do not raise the unit beyond 2 centimeters ($\frac{3}{4}$ -inch).



1. Place a bubble level on the running belt to see if the treadmill is level. If the treadmill needs leveling, continue to step 2.
2. Situate yourself next to the adjustable rear feet.

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Plug the power cord into an appropriate outlet.

Important: The treadmill requires a dedicated, grounded circuit. A 20-amp circuit is recommended. Refer to Grounding Instructions in the Product Owner's Manual.

3. Ask a capable assistant to use the hand holds on the rear end caps and lift the treadmill (using proper lifting techniques).
4. Level the treadmill by adjusting the rear feet as needed:
 - Turn the rear foot *clockwise* to raise the height of the unit.
 - Turn the rear foot *counterclockwise* to lower the height.

Important: If the unit is placed on a slightly uneven surface, rotating the rear feet can help, but will not compensate for extremely uneven surfaces.
5. Recheck the level of the treadmill with the bubble level on the running belt after each adjustment.
6. Make adjustments to the rear feet so that the user's weight on the treadmill is distributed evenly.

19 Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. Turn the unit ON.
2. Stand beside the treadmill and press QUICKSTART.
3. If needed, enter the password by pressing the following keys in sequence: INCLINE ▼, SPEED ▼, SPEED ▲.

The running belt starts automatically after a 3-second countdown appears on the display.

4. Press the SPEED ▲ key until the display shows a speed of 3 mph (5 kph).

CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you must make adjustments.

Important: If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

6. To stop the running belt, press the red STOP button.
7. Turn the treadmill OFF.

Note: Instructions in the *Product Owner's Manual* explain how to adjust the running belt.



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C9xxi AG 48417-101, en
15 February 2005